



# REACH

Recovery · Empowerment · Achievement · Community · Hope



## REACH Prospectus 2018

South East Essex Recovery College

# Recovery Empowerment Achievement Community Hope

## Welcome to our Prospectus

We are delighted that you are interested in enrolling at the REACH Recovery College.

**REACH is the South East Essex Recovery College.** We provide courses, social activities, and support, improving the quality of life of people living with mental health conditions. We do this by focusing on providing information and tools that support people to self-manage.

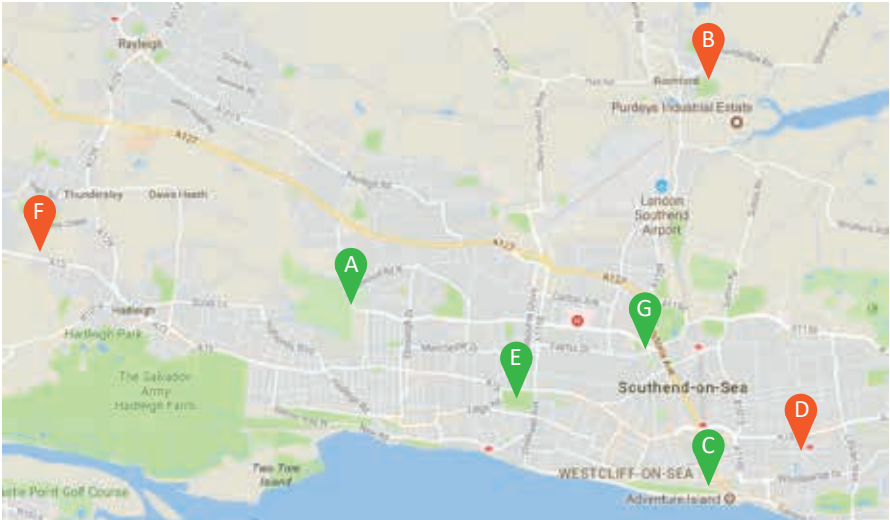
**REACH** provides an environment where people with mental health conditions support one another to recover to a better way of life. All of our courses are 'co-produced' by individuals with 'lived experience' - so you will have a say in what is run and how it is delivered and can get involved in lots of ways. We create opportunities to learn in a safe and supportive setting. There is also the chance to share experiences and connect to others who understand what it is like to live with a mental health condition.

**REACH** is available to anyone living in the Southend, Castle Point and Rochford areas, who is over 18, and living with a mental health condition and who uses, is moving away from, or is at risk of using secondary mental health services.

We hope our prospectus provides you with all of the information you need if you are considering enrolling as a student. If you have any further questions please do not hesitate to contact us.

# Course locations

Our courses are run at various locations in South East Essex. Some courses run at multiple sites and we plan to use a greater number of sites as we develop more courses.



**A**

**Belfairs Woodland Centre**  
Eastwood Road North,  
Leigh-on-Sea,  
SS9 4LR

**B**

**REACH, Trust Links**  
34 Rocheway,  
Rochford,  
SS4 1DQ

**C**

**Rethink Mental Illness**  
1 High Street,  
Princess Caroline House,  
Suite 7,  
Southend-on-Sea,  
SS1 1JE

**D**

**Southend Adult  
Community College**  
Ambleside Drive,  
Southend-on-Sea,  
SS1 2UP

**E**

**Netpark Wellbeing**  
Metal at Chalkwell Hall,  
Chalkwell Avenue,  
Westcliff-on-Sea,  
SS0 8NB

**F**

**Growing Together Thundersley**  
Behind the Whitehouse,  
Kiln Road,  
Thundersley,  
SS7 1TF

**G**

**Growing Together Westcliff**  
47 Fairfax Drive,  
Westcliff-on-Sea,  
Essex, SS0 9AG

# How to enrol

If you would like to attend a course, you first need to enrol as a student at REACH. Joining is simple, all you need to do is complete an enrolment form at [www.reachrecoverycollege.org.uk](http://www.reachrecoverycollege.org.uk), call on 01702 213134, or e-mail [reach@trustlinks.org](mailto:reach@trustlinks.org).

Once you have completed the enrolment form you will be contacted by one of our Recovery Coaches who will arrange a time to meet up and discuss your situation. They will talk through the options available and link you up with the courses and support which will help you most with your recovery journey.

We also run Wellness & Induction Cafés where you can come along and sample some of our courses prior to or following enrolment.

*“I have learnt many new tips, I have learnt new strategies to help me with my sleep.”*

Student





## Our courses

We use a mixture of workshops, mentoring, coaching and small group formats for our courses and all group sizes are fairly small with between 6 - 8 people. All courses are jointly delivered by somebody with a mental health condition.

Please give us a call or speak to your Recovery Coach if you are interested in one of our courses.

*"This group has been extremely helpful for my wellbeing. The weekly structure and the 'notebook' style teaching has helped me realise that there is a way out of my depression."*

Living Life to the Full Student

## Courses we offer

We run a wide range of courses delivered by REACH staff and partner agencies. We have split our courses into three categories: Mental Health & Self Management; Life Skills; and Creative and Wellbeing.

We try and run courses whenever we have enough people who want to attend one. Your Recovery Coach will provide details of the date and time of the course you are interested in.

### Mental Health & Self-Management

#### Anxiety Management

4 weekly workshops, 1½ hours each

We understand that mental illness can cause increased anxiety levels that affect how we function and how we perform roles and tasks. Feelings about the past, fears for the future and current concerns can hinder recovery and prevent us from moving forward in our lives.

Our anxiety management workshops are designed by people with living experience of anxiety to provide strategies for understanding what anxiety is, why we experience it and how to identify thoughts or situations that can cause us unwanted anxiety.

#### Confidence Building

6 weekly workshops, 1½ hours each

This course aims to increase your confidence and self-esteem by sharing and learning from others' experiences in a supportive and comfortable atmosphere, helping you recognise and build on your strengths. The course has been co-written by people with living experience of mental illness to support you to be more confident.

#### Dealing with Panic Attacks

3 weeks, 1.5 hours each

Understand how panic attacks work and learn a range of short-term and long-term strategies to help manage them. The course includes physical relaxation exercises.



## **Living Life to the Full**

8 weekly workshops, 1½ hours each

The Living Life to the Full course provides practical and user-friendly advice and techniques. The course includes how to understand why we feel the way we do and how to overcome unhelpful thoughts and behaviours that impact on our wellbeing. The course also aims to increase your confidence. You can find out more by visiting the 'Living Life to the Full' website: [www.lltff.com](http://www.lltff.com)

## **Life Skills**

### **Preparing to Volunteer**

6 weeks, 2 hours each

This course covers the benefits of volunteering both personally and to the community and helps to identify relevant skills to find out what type of volunteer role would suit you. You will also find out how to get started with volunteering and how to get in touch with your local volunteering centre.

### **Work Preparation**

6 weekly workshops, 1.5 hours each

Many people find that work can provide identity, friendship, a steady routine and a salary, helping them stay mentally healthy. This course covers essential skills for people considering employment, who don't feel ready yet to apply for a position. The workshops will help you build confidence and motivation, search for and apply for jobs and help with the interview process.

## Creative & Wellbeing

### Healthy Living

6 weeks, 1.5 hours

Learn about how to be physically healthy and the benefits this will have on your mental health. You will be shown what a healthy diet is and how you can have one.

### Netparks Digital Arts

12 weeks, 2 hours each

Create your own illustrated story whilst walking around Chalkwell Park. Making digital art is very relaxing and mindful - giving you an escape from your everyday stresses.

### Writing for Wellbeing

4 weeks, 1.5 hours each

An opportunity to explore different writing techniques and enjoy some poetry. You will also look at the therapeutic benefits of writing.

### Mindful Walking

4 weeks, 1.5 hours each

Learn and practice mindfulness techniques in the tranquil surroundings of Belfairs Woods.







## Become more involved

Once you have enrolled, there are lots of opportunities to become more involved with REACH.

### Student Union

We are developing a Student Union to give opportunities for REACH students to have access to social and recreational activities.

### Co-production Volunteering

We ensure that people with living experience are fully involved in the design, delivery and review of all of our courses and welcome volunteers with fresh ideas who want to make a difference. We will ensure that training and support is provided.

### Social Activities

We run Coping Cafés and a Freestyle programme which allow our students to practice and embed coping techniques which they have learnt on courses. These activities are community based to provide a variety of opportunities for students to come together in a social environment.

*“Very helpful – talking about my anxiety made me feel less anxious and understand it.”*

Anxiety Management student

## Volunteering roles include:

**Board Member** - for people who are happy to represent the views of students in board meetings. This role could be for you if you have or would like to get experience of board meetings and are happy to represent the views of students.

**Course Reviewer** - for those that are interested in helping to develop our courses as part of a team. This role is for you if you enjoy working as part of a team to develop courses or are happy to provide input/feedback on our course material either before or after we pilot a new course. There is the opportunity to do this online, or face to face.

**Peer Facilitator** - using your living experience to help support and facilitate courses and groups. You will work alongside the course tutor with a small groups of students, sharing your knowledge and experiences. If you enjoy helping others and want to share your personal experiences or insights then this role is a must.

**Wellbeing Buddies** - help support students by meeting and greeting, operating a 'walking taxi' from the nearest public transport and encouraging others to attend courses. If you are a people person, good with others and have experience of knowing how tough it can be going into somewhere for the first time, then this role is for you.

To get more information or to discuss being involved please call [01702 213134](tel:01702213134) or email [reach@trustlinks.org](mailto:reach@trustlinks.org)



# About REACH

REACH is commissioned by a partnership of Southend CCG, Castle Point & Rochford CCG, Southend-on-Sea Borough Council and Essex County Council. Trust Links has been commissioned to host and co-ordinate the REACH pilot. Delivery will be supported by Rethink Mental Illness, Richmond Fellowship, EPUT and a range of community partners, who have come together to form the South East Essex Recovery College Consortium.

The REACH pilot is being evaluated by Anglia Ruskin University and students will be asked to give feedback on the impact of their involvement in REACH.





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## Contact Us

Email: [reach@trustlinks.org](mailto:reach@trustlinks.org)

Tel: 01702 213134

Website: [www.reachrecoverycollege.org.uk](http://www.reachrecoverycollege.org.uk)

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REACH is hosted by Trust Links,  
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